

# Complete Dog Nutrition Checklist

## Daily Nutrient Tracker for Your Dog's Optimal Health

### Basic Information

- Dog's Name: \_\_\_\_\_
- Age: \_\_\_\_\_
- Breed: \_\_\_\_\_
- Weight: \_\_\_\_\_
- Activity Level (Low/Moderate/High): \_\_\_\_\_
- Health Conditions: \_\_\_\_\_

### Essential Macronutrients Checklist

#### Protein

- ☐ High-quality animal protein sources (meat, fish, eggs)
- ☐ Appropriate protein percentage for life stage:
  - Puppies: 22-29% minimum
  - Adult dogs: 18-25% minimum
  - Senior dogs: 25-30% recommended
- ☐ Complete amino acid profile (all 10 essential amino acids)
- ☐ Easily digestible protein sources

#### Fats

- ☐ Appropriate fat percentage for life stage and activity:
  - Puppies/active dogs: 8-12%
  - Adult maintenance: 5-10%
  - Senior dogs: 5-8% (adjusted for metabolism)
- ☐ Essential fatty acids:
  - ☐ Omega-6 fatty acids
  - ☐ Omega-3 fatty acids (EPA, DHA)
- ☐ Proper omega-6 to omega-3 ratio (ideally 5:1 to 10:1)
- ☐ Quality fat sources (fish oil, flaxseed oil, chicken fat)

## Carbohydrates

- ☐ Digestible carbohydrate sources if included
- ☐ Appropriate fiber content (3-5% for most dogs)
- ☐ Mix of soluble and insoluble fiber
- ☐ Low glycemic options for weight management or diabetic dogs

## Essential Micronutrients Checklist

### Vitamins

- ☐ Fat-soluble vitamins:
- ☐ Vitamin A (vision, immune function, cell growth)
- ☐ Vitamin D (bone health, calcium absorption)
- ☐ Vitamin E (antioxidant protection)
- ☐ Vitamin K (blood clotting)
- ☐ Water-soluble vitamins:
- ☐ B-complex vitamins (B1, B2, B3, B5, B6, B7, B9, B12)
- ☐ Vitamin C (antioxidant support)

### Minerals

- ☐ Macrominerals:
- ☐ Calcium (bone health)
- ☐ Phosphorus (bone health, energy metabolism)
- ☐ Magnesium (enzyme function, nerve transmission)
- ☐ Sodium (fluid balance)
- ☐ Potassium (muscle and nerve function)
- ☐ Chloride (fluid balance)
- ☐ Sulfur (protein structure)
- ☐ Microminerals:
- ☐ Iron (oxygen transport)
- ☐ Zinc (immune function, skin health)
- ☐ Copper (red blood cell formation)
- ☐ Iodine (thyroid function)
- ☐ Selenium (antioxidant function)
- ☐ Manganese (bone formation, metabolism)

### Hydration

- ☐ Fresh, clean water available at all times
- ☐ Adequate daily water intake (approximately 1 oz per pound of body weight)
- ☐ Increased water during hot weather, exercise, or illness

- ☐ Added moisture for dogs on dry food diets

## **Life Stage-Specific Nutrition**

### **Puppies**

- ☐ Higher protein and fat content
- ☐ Balanced calcium:phosphorus ratio (1:1 to 1.2:1)
- ☐ DHA for brain and eye development
- ☐ Appropriate calorie density for growth
- ☐ Vitamin and mineral levels formulated for development

### **Adult Dogs**

- ☐ Maintenance protein and fat levels
- ☐ Appropriate calorie intake for ideal body condition
- ☐ Joint-supporting nutrients if needed (glucosamine, chondroitin)
- ☐ Antioxidants for immune support
- ☐ Digestive support (probiotics, prebiotics)

### **Senior Dogs**

- ☐ Higher protein quality to maintain muscle mass
- ☐ Controlled phosphorus for kidney health
- ☐ Joint support nutrients
- ☐ Increased antioxidants
- ☐ Brain-supporting nutrients (antioxidants, medium-chain triglycerides)
- ☐ Adjusted calories for decreased metabolism

## **Nutritional Red Flags Checklist**

Monitor for these signs of potential nutritional deficiencies:

### **Physical Signs**

- ☐ Dull, dry coat or excessive shedding
- ☐ Skin problems (flakiness, redness, itching)
- ☐ Muscle loss or weakness
- ☐ Poor dental health
- ☐ Abnormal weight loss or gain
- ☐ Lethargy or decreased stamina

## **Digestive Signs**

- ☐ Poor stool quality (soft, loose, or inconsistent)
- ☐ Excessive gas
- ☐ Frequent vomiting
- ☐ Decreased appetite
- ☐ Increased thirst or urination

## **Food Topper Recommendations by Nutritional Need**

### **For Protein Enhancement**

- ☐ Freeze-dried meat toppers
- ☐ Bone broth
- ☐ Egg (cooked)
- ☐ Plain Greek yogurt (small amounts)

### **For Essential Fatty Acids**

- ☐ Fish oil supplement
- ☐ Whole sardines (packed in water)
- ☐ Flaxseed oil (for plant-based omega-3s)
- ☐ Chia seeds (ground)

### **For Vitamin/Mineral Boost**

- ☐ Dark leafy greens (finely chopped)
- ☐ Organ meat (small amounts)
- ☐ Seaweed or kelp powder (iodine source)
- ☐ Specialized vitamin/mineral supplement

### **For Digestive Support**

- ☐ Probiotic supplement
- ☐ Pumpkin puree (plain)
- ☐ Sweet potato (cooked)
- ☐ Fermented vegetables (small amounts)

### **For Complete Nutritional Support**

- ☐ Quelle365 Daily Vitality Topper
- ☐ Balanced commercial food topper
- ☐ Veterinarian-recommended supplement blend

# Diet Evaluation Checklist

## Current Diet Assessment

- Primary food type: \_\_\_\_\_
- Brand/Recipe: \_\_\_\_\_
- Protein percentage: \_\_\_\_\_
- Fat percentage: \_\_\_\_\_
- Fiber percentage: \_\_\_\_\_
- Calorie content per cup/can: \_\_\_\_\_
- Top 5 ingredients:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Supplementation Currently Provided

- Food toppers used: \_\_\_\_\_
- Supplements given: \_\_\_\_\_
- Treats (type and frequency): \_\_\_\_\_
- Table food (type and frequency): \_\_\_\_\_

## Feeding Management

- ☐ Measured portions at each meal
- ☐ Regular feeding schedule
- ☐ Appropriate food storage to preserve nutrients
- ☐ Regular diet reassessment (every 6-12 months)
- ☐ Gradual transitions when changing foods
- ☐ Separate feeding for multi-dog households if needed

## Action Plan for Nutritional Improvement

Based on your checklist assessment, note areas for improvement:

1. Identified nutritional gaps: \_\_\_\_\_
  2. Priority improvements: \_\_\_\_\_
  3. Recommended food toppers to add: \_\_\_\_\_
  4. Supplements to consider: \_\_\_\_\_
  5. Feeding adjustments: \_\_\_\_\_
  6. Next veterinary nutrition consultation date: \_\_\_\_\_
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# How to Use This Checklist

1. Complete all sections, consulting with your veterinarian as needed
  2. Identify any unchecked items as potential areas for nutritional improvement
  3. Develop an action plan to address nutritional gaps
  4. Implement changes gradually over 1-2 weeks
  5. Monitor your dog for positive changes in health indicators
  6. Reassess using this checklist every 3-6 months or when life stage changes occur
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This checklist is provided for informational purposes only and is not a substitute for professional veterinary advice. Always consult with your veterinarian regarding your dog's specific nutritional needs, especially if they have existing health conditions.

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